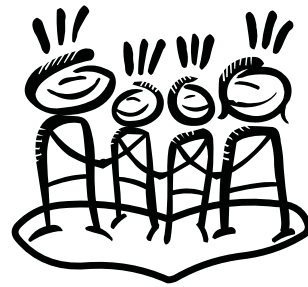




Working Together
AGAINST
Underage Drinking

MIDDLETOWN & NEWPORT

SAMHSA/CSAP Funded Project



Working Together
AGAINST
Underage Drinking
MIDDLETOWN & NEWPORT

Not Your Usual Prevention Grant The Middletown & Newport Strategic Prevention Framework-State Incentive Grants (SPF-SIG)

For some time now you may have noticed increased numbers of stories in the newspapers, on-line, television news broadcasts and features, etc. about the issues of underage drinking. You may have seen more arrests in the Newport Daily News about youth alcohol related offenses and underage parties, beaches being patrolled more often for alcohol offenses as well as adults being arrested for buying alcohol or providing it for underage youth. We are sure you have seen or heard or even know someone who was involved in a tragic automobile accident involving the loss of a life where alcohol was involved. You don't have to look far to see the evidence of this national problem.

Rhode Island was selected to apply for a grant from the Substance Abuse Mental Health Services Administration (SAMHSA) of the federal government because of the very high rates of alcohol and illicit drug use and the related problems that come with that. Fourteen cities and towns in Rhode Island were then asked to apply for this grant - not based on who could write the best grant or who you knew or anything political-it was based solely on scientific research and data that clearly showed that Middletown and Newport have adolescent alcohol and drug usage statistics higher than state averages. After 10 months of additional study and documentation, both communities devised highly structured state approved plans identifying one predominant problem to address. Although drug use was an issue in both communities, the data clearly demonstrated that underage drinking was by far the outstanding issue that we needed to devote our focus.

Once we identified our issue, we dug deeper into it and discovered attitudes about underage drinking amongst young adults, underage youth, professionals, community leaders, parents, clergy and vendors that were surprising, alarming and reassuring all at the same time. The issue of underage drinking was often cited as a rite of passage. We identified neighborhoods and cultural differences about this issue and we learned where and how youth were obtaining access to alcohol. Our task was then to devise plans that would address the issue of underage drinking in very different ways from our past efforts.

Historically we have offered school based prevention programs and parent education workshops that were only focused on one segment of the population. This initiative is different in that we are required to implement true "community wide" strategies that mirror public campaigns around tobacco prevention. And now that is exactly what we are engaging in, working together against underage drinking in Middletown and Newport.

Over the next 18 months you will see a combined effort from our two communities to confront the issues of underage drinking on three fronts. We have outlined those strategies in detail in this insert and will continue to present this plan to the community in many different

forums. We will employ the best available enforcement tactics that have been developed and tested nationally, help to train and support the Middletown and Newport Police departments in their efforts to enforce the laws and continue to protect our children. We are proud to partner with two of the finest police departments in this state and we applaud their professionalism and dedication to be leaders in this effort. You will see increased discussion and policy recommendations before both city and town councils to enact tighter ordinances and policies that will reduce access of alcohol to minors and close related loopholes. New measures to better deal with the complex issues of underage drinking and alcohol related licensing will be examined as well. These activities will enlist the cooperation and partnership with our City and Town Councils and responsible alcohol vendors in both our communities as well.

We will also work to increase the articles you will see in the newspapers through editorials, feature stories and advertisements, radio and television ads and programs, movie theater ads, public speaking engagements and community conversations at various levels about the risks and consequences of underage drinking. We want this issue of underage drinking and the laws and penalties associated with providing alcohol to minors to be a topic of discussion in your home. We are proud of our communities and believe that Middletown and Newport are beautiful places to live and raise families. We believe that we have the resources, the plan, the people and the support of our schools, community government, social service agencies, health care providers, police, clergy, merchants, coaches, and youth to reduce access to alcohol for minors and thus decrease underage drinking. **The most important person in all of this is YOU!**

How can you help reduce access of alcohol to minors?

Underage Drinking is not a Minor problem, it's our problem.

- Ray D. Davis
Newport SPF Grant Manager

- Lori Verderosa,
Middletown SPF Grant Manager / MSAPTF Coordinator

- David F. Roderick
Newport SPF Grant Coordinator

- Rob Mignacca
Middletown SPF Grant Coordinator



An Open Letter to the Citizens of Middletown & Newport,

Underage drinking is everyone's problem. Car crashes, unplanned pregnancies, rapes, violence, alcohol dependency and other serious health issues are all consequences of underage drinking. When it is a problem for our youth in Middletown and Newport, it's your problem too!

You can help! Research shows that youths are receptive to clear, consistent no-use messages from the people and organizations that touch their lives.

It's essential that schools, parents, law enforcement, media, social service agencies and the community-at-large work together to send this message to our youth.

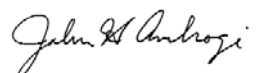
"Working Together Against Underage Drinking," the towns of Middletown and Newport have come together to implement an underage drinking prevention program. This community based prevention effort is designed to reduce the access and availability of alcohol to minors. Focusing on the many ways underage drinkers are gaining access to alcohol, a campaign has been created that speaks to older siblings, friends, parent's and our local alcohol vendors.

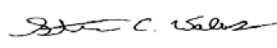
We feel strongly that together we can make a difference! Join with us in our "Community Declaration!"

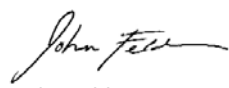
WE PLEDGE TO:

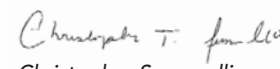
- Advocate effective community-based substance abuse prevention programs, policies and practices.
- Promote community awareness of substance use and abuse in Middletown and Newport.
- Reduce the incidence of alcohol abuse and drug use and their negative effects on individuals, families and the community-at-large.
- Foster broad-based community support for reducing underage drinking.
- Develop effective town-wide substance abuse prevention strategies.
- We are proud of our communities and believe that Middletown and Newport are desirable places to live.
- We believe in the value of personal and community health.
- We believe that use and abuse of alcohol and other drugs affects the health and safety of our citizens.
- We believe that we have the resources within our community to make changes in relation to alcohol and other drug use, making it a safer, healthier community.
- We believe that alcohol and other drug use is not a MINOR problem.

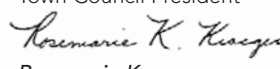

 Michael G. McKenna
 Newport Chief of Police

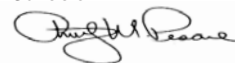

 John H. Ambrogi, EdD
 Newport Superintendent of Schools



 Stephen C. Waluk
 Newport Mayor


 John Feld
 Chairperson of the Newport
 Substance Abuse Prevention
 Task Force


 Christopher Semonelli
 Town Council President


 Rosemarie K. Kraeger
 Superintendent, Middletown Public
 Schools


 Anthony Pesare
 Middletown Chief of Police


 Nan Heroux
 Chairperson of the Middletown
 Substance Abuse Prevention
 Task Force



Rhode Island Toughens Social Host Liability & Underage Drinking Laws

Rhode Island Governor Donald Carcieri has signed legislation approved by the General Assembly to strengthen the so-called "social host" law and address a number of other issues regarding underage drinking and driving. The major change in the law resulted from an incident last July, when Barrington police responded to a loud party in the backyard of a home in the early morning hours. What they found were a number of youths - most, if not all of them, under 18 - as well as a small keg of beer, bottles of other beer and other evidence of alcohol.

Under the so-called "social host" law that was enacted in 2006, adults who allow underage drinking parties to be held in their homes can face criminal charges. That law added language to existing statute that enhanced the ability of law enforcement to charge adults who provide alcohol to minors. However, the Barrington incident uncovered a flaw in the new law. Police said that while they proceeded with action against the youths they encountered, they held off from charging the owner of the home because the underage drinking occurred not inside the home, but rather in the yard. Police were advised by the office of the Attorney General that, as a result, charges against the adult homeowners could not be sustained.

The legislation approved by the General Assembly - sponsored by Rep. Jan P. Malik (D-Dist. 67, Barrington, Warren) and Sen. Walter S. Felag Jr. (D-Dist. 10, Warren, Bristol, Tiverton) -- addresses that issue by extending the reach of the law to make adults liable for underage drinking anywhere on their property, not just within the confines of a house. The new law also increases the penalties associated with procuring alcohol for minors. A first offense will still carry a fine of between \$350 and \$1,000 and/or imprisonment of up to 6 months. For a second offense, the fine will remain between \$750 and \$1,000 but imprisonment would be increased from six months to one year. For a third or subsequent offense - which would be considered a felony - punishment will be a fine of between \$1,200 and \$2,500 and imprisonment of up to three years, up from the current one year.

Also, under the new law, individuals under the age of 21 who possess and use fake identification cards to attempt to purchase liquor can be fined between \$100 and \$500, be assigned 30 hours of community service and have their license suspended for 30 days. A second offense carries a fine of between \$500 and \$750, 40 hours of community service and loss of license for 90 days. A third or subsequent offense carries a fine of between \$750 and \$1,000, 50 hours of community service and loss of license for one year. Individuals who manufacture and provide fake IDs to underage individuals will face a fine of \$500 per fake ID for a first offense, a fine of \$1,000 per incident for a second offense and a fine of \$2,000 for a third or subsequent offense. The changes in the law as a result of this year's legislation (2008 - H7222B) and (2008 - S2531A) also affect simple possession of alcohol by a minor and transporting of alcohol by a minor.

Beginning now, individuals under 21 in possession of alcohol face a fine of \$150 to \$750 for a first offense, \$300 to \$750 for a second offense and \$450 to \$950 for a third offense. In addition, the penalty for possession by a minor will include 30 hours of community service and a license suspension for a minimum of 60 days. Anyone picked up on a second offense may also be required to undergo a substance abuse treatment program.

Drivers under 21 will also face new penalties for transporting alcohol in a vehicle. A first offense will be a \$250 fine and 30-day license suspension; a second offense will be a \$500 fine and 90-day license suspension and a third offense will be a \$950 fine and one-year license suspension. Excluded will be young drivers who must transport alcoholic beverages as part of their employment (such as delivery truck drivers).

Source: Rhode Island Legislative Press & Information Bureau
Find this article at:
<http://www.insurancejournal.com/news/east/2008/07/23/92106.htm>



Opening remarks by Middletown's Police Chief Anthony Pesare at the Law Enforcement "Best Practices Training Workshop For Newport & Middletown Police."

Rhode Island Substance Abuse Penalties Alcohol Use & Possession

Penalties for underage drinking, did you know...

- 1.) It is against Rhode Island law to serve or purchase alcohol for anyone under the age of 21?
- 2.) If you do purchase alcohol for an individual under the age of 21, you could be jailed up to 6 months, fined between \$350 to \$1000, and be charged with a felony?
- 3.) That if any person under the age of 21 that is not accompanied by a parent or legal guardian is caught trying to transport alcohol either opened or unopened, they can have their license suspended?
- 4.) That if an individual under the age of 21 is caught purchasing, or in possession of alcohol, they are subject to a fine of \$150 to \$750, community service, and shall be subject to license suspension?



Middletown hosts training in Underage Drinking Prevention Strategies for Middletown, Newport and other police departments from around the state.

What Puts Your Child At Risk For Substance Abuse

Risk Factors are those conditions that increase the likelihood that a child will develop one or more behavior problems in adolescence.

Dr Hawkins, Dr Catalano and their colleagues reviewed more than 30 years of existing work on risk factors from various fields and completed extensive work of their own to identify risk factors for drug use, violence and delinquency in multiethnic communities. They identified risk factors in important areas of daily life: family, school, community, peer groups and within individuals themselves.

Other researchers, including Joy Dryfoos, Robert Slavin and Richard Jessor, have reviewed the literature on problems such as teen pregnancy and dropping out of school, and identified risk factors for these problems. Problems such as delinquency, drug use, teen pregnancy, violence and dropping out of school are predicted by many of the same risk factors.

The more risk factors to which an individual is exposed, the greater the likelihood that the individual will engage in problem behaviors.

What is the importance of risk factors in dealing with adolescent social problems? One clear implication is that if we can reduce the risks in young people's lives, or counter those risks, the chances of preventing problems, associated with those risks will be greatly increased. Further, since problem behaviors share common risk factors, reducing shared risk factors is likely to reduce multiple problem behaviors. The following is a summary of the risk factors and the problem behaviors they predict.

Strings

A series of lifelines to help keep kids safe from alcohol.

Curfews work- enforce them.

Lock up your alcohol, count it, track it.

Love as a parent, not a friend.

Set rules – voice them, follow them.

Don't be swayed by what other parents are doing.

Never buy alcohol for kids because you think it's safer.

If you think your child is drinking, they probably are. Address it now!

Limit alcohol at your own parties, kids are watching.

Never look the other way when alcohol is being used by underage youth.

Band together with other like-minded parents.

Face it – as a parent, you will be the bad guy sometimes.

Don't be afraid of losing your child's love, be afraid of losing them.

And no, not everyone is going on Winter Break with their friends!



Newport Police Chief McKenna and local students at "Holiday Mocktail Party."



The 19 Risk Factors for Substance Abuse

Reference: Dr. David Hawkins and Dr. Richard Catalano, University of Washington, Seattle Washington, *Guiding Good Choices Parent Prevention Curriculum*

Dr. Hawkins and Dr. Catalano have identified nineteen risk factors that increase a child's likelihood of drug use and other health and behavior problems.

COMMUNITY RISK FACTORS

AVAILABILITY OF ALCOHOL

The more available alcohol is in a community, the higher the risk that young people will drink.

What you can do to help reduce the risk: You can control the availability of alcohol in your home. You can also help reduce alcohol availability in your community by being watchful, reporting underage drinking, and noting other suspicious activities.

AVAILABILITY OF FIREARMS

When young people have easy access to firearms, there is an increased risk of delinquency and violence.

What you can do to help reduce the risk: Control the availability of firearms in your home. If you must keep a gun, keep it unloaded and locked up. You may also want to ensure that your community's policies keep firearms out of schools and community centers.

Community Laws and Norms Favorable toward Drug use, Firearms and Crime

The attitudes and policies a community has about a problem like drug use or crime are communicated to young people in a variety of ways; Through laws and written policies, through informal social activities, and through the expectations that parent and other members of the community have for young people. One example of a community law affecting drug use is the taxation of alcoholic beverages and cigarettes. Higher rates of taxation of alcoholic beverages have been shown to decrease the rate of use. An example of a community norm favorable to alcohol use communicated through informal social activities is the presence of "beer gardens" or "beer tents" at street fairs and community festivals frequented by young people.

FAMILY RISK FACTORS

These include characteristics of individual family members or the interaction between family members and of the family as a unit.

FAMILY HISTORY OF THE PROBLEM BEHAVIOR

Problem behaviors tend to run in families. For example:

- Children raised in a family with a history of addiction to alcohol or other drugs are at increased risk of having alcohol or other drug problems.
- Children raised in a family with a history of criminal activity are at increased risk of delinquency.
- Children born to a teenage mother are more likely to become teenage parents.
- Children of dropouts are more likely to drop out of school themselves.

What you can do to help reduce the risk: If there is a history of a problem behavior in your family, you can help buffer your child from this risk by establishing healthy beliefs and clear standards for behavior. You can also help your child develop strong bonds with family members, school, peers and community.

FAMILY MANAGEMENT PROBLEMS

Family management problems include lack of clear expectations for behavior, failure of parents to monitor their children (checking to see if expectations are being followed) and inappropriate consequences for following or not following expectations (such as excessively severe or inconsistent punishment or lack of consistent reward for following expectations.)

What you can do to help reduce the risk: Setting clear guidelines, monitoring your child's behavior and applying appropriate consequences are critically important as a child moves into the early adolescent years.

FAMILY CONFLICT

Children raised in families where there is persistent, serious conflict between parents or between parents and children appear to be at increased risk for all types of problem behaviors. This is true whether the family is headed by two parents, a single parent or some other primary caregiver.

What you can do to help reduce the risk: Parents can help by modeling constructive anger management and teaching skills for managing anger in healthy ways.

FAVORABLE PARENTAL ATTITUDES TOWARD AND INVOLVEMENT IN THE PROBLEM BEHAVIOR

Parental attitudes and behavior favorable towards drugs, crime and violence influence the attitudes and behavior of children. Research shows that parental approval of young people's moderate drinking even under parental supervision increase the risk of children's early alcohol and marijuana use. When parents involve children in their own drug-using behavior, such as asking the child to get the parent a beer from the refrigerator, there is an increased risk of the child using alcohol early in life. Similarly, children whose parents excuse them from breaking rules are more likely to develop problems with juvenile delinquency. In families where parents display violent behavior toward those either inside or outside the family, there is an increased risk that a child will engage in violence.

What you can do to help reduce the risk: Monitor your own behavior; be sure that you are not modeling attitudes or actions that may negatively influence your child. Pay attention not only to active behaviors, for example; smoking in front of your child, but also passive attitudes and behaviors, such as watching a violent television show with your child and not discussing its implications.

SCHOOL RISK FACTORS

These risk factors are often first identified when a child enters school. Schools across the country are increasingly encouraging parent's active participation in all aspects of the educational process. Your involvement with your child's school can play a critical role in your child's educational success.

ACADEMIC FAILURE BEGINNING IN LATE ELEMENTARY SCHOOL

Children who fail academically from grade four on are at greater risk for problem behaviors. Children fail for many reasons – learning disabilities, ineffective teaching strategies, race or sex discrimination, emotional problems and stressful family situations. However, it appears that regardless of the cause of the failure, it is the experience of school failure itself that increases the risk for problem behaviors.

What you can do to help reduce the risk: As a parent, you have the right and the responsibility to be actively involved in your child/s education.

LACK OF COMMITMENT TO SCHOOL

Lack of commitment to school means that the young person does not see education as being useful.

What you can do to help reduce the risk: Your attitude about the value of education can have a strong influence on your child's commitment to school. Talk with your child about what he or she is learning in school. Just showing an interest can encourage your child to focus on learning.

INDIVIDUAL & PEER RISK FACTORS

These risk factors are found within the child him or herself and in his or her relationships with peers. Peer risk factors become particularly significant during the teen years, when young people begin to expand their world and the influence of peers increases.

EARLY AND PERSISTENT ANTISOCIAL BEHAVIOR

Boys who are very aggressive in grades K-3 are at higher risk for problem behaviors. When this early aggressive behavior is combined with isolation or withdrawal, there is an even greater risk of problems in adolescence. This risk factor shows up in the early teen years as persistent antisocial behavior, skipping school, misbehaving in school and getting into fights. Young people, both girls and boys, who show these behaviors in early adolescence, are at increased risk for more serious problem behaviors later.

What you can do to help reduce the risk: Monitoring your child's behavior is the first step in identifying and then attempting to change the behavior. Pay attention to aggressive and other antisocial behaviors. Work with your child's school to ensure that your child is learning skills for controlling aggressive or violent impulses. Try to see that the school has a good behavior management program that recognizes and rewards positive behavior and works to prevent aggressive behavior. Consider seeking professional help if your child continues to engage in fighting, bullying, skipping school or other misbehavior.

REBELLIOUSNESS

Although it is normal for adolescents to feel left out or defiant at times, young people who feel they are not part of society or do not have to follow society's rules are at higher risk for drug use, delinquency, violence and dropping out of school. Rebelliousness may be especially significant for young people of color. A child who is consistently discriminated against may rebel against the majority culture. Young people whose families or communities hold strong cultural identities different from the majority culture may experience conflict between establishing and maintaining their cultural identity and the normal adolescent need to fit-in with peers.

What you can do to help reduce the risk: Connecting your child with supportive adult role models who have successfully made the transition from rebelliousness to a positive role in the community can be helpful, especially if your child is reluctant to talk to you.

FRIENDS WHO ENGAGE IN THE PROBLEM BEHAVIOR

Research has consistently shown that young people who associate with friends who engage in problem behaviors are much more likely to become involved themselves. Think of the young person who seems to be doing fine until he or she "gets in with the wrong crowd." Even when young people come from well-managed families and do not experience other risk factors, the powerful influence of peers increases risk. As your child enters adolescence, it can be tempting to back off and become less involved in your teen's life and less familiar with his or her friends. Your teen will probably push you to do so.

What you can do to help reduce the risk: Remain actively involved in your child's life, get to know his or her friends, and monitor activities with friends.

GANG INVOLVEMENT

Research has shown that children who have delinquent friends are more likely to use alcohol and other drugs and to engage in violent or delinquent behavior than children who do not have delinquent friends. But the influence of gang involvement on alcohol and other drug use, delinquency and violence exceeds the influence of delinquent friends on these problem behaviors. Gang members are even more likely than children who have delinquent friends to use alcohol or other drugs and to engage in delinquent or violent behavior.

What you can do to help reduce the risk: Remain actively involved in your child's life, and get to know his or her friends. Look for and help build resources in your community that benefit young people.

FAVORABLE ATTITUDES TOWARD THE PROBLEM BEHAVIOR

During the elementary years, children may say something like "Smoking is gross" or "People who use drugs are stupid." However, when children reach middle school and see peers participate in these behaviors, their attitudes often shift toward greater acceptance of the behaviors. These new attitudes can increase your child's risk. Remember, many young people believe nothing bad will happen to them, they want to be different from their parents as a way of establishing a unique identity and they like to take risks.

What you can do to help reduce the risk: As your child approaches the adolescent years, he or she is increasingly capable of and interested in questioning the values and rules around him or her. Having open and honest discussions with your child about potential consequences of problem behaviors and maintaining clear standards will be more effective than scare tactics.

EARLY INITIATION OF THE PROBLEM BEHAVIOR

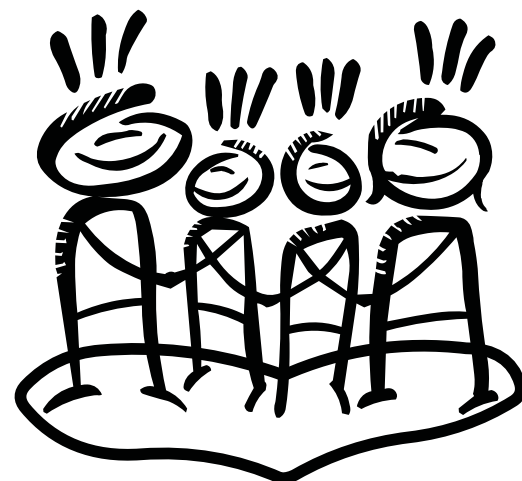
The earlier young people begin using alcohol or other drugs, skipping school, committing crimes, engaging in violent acts and becoming sexually active, the greater the likelihood that they'll have problems with these behaviors later on.

What you can do to help reduce the risk: Monitoring and supervising your child is critically important during the early adolescent years. Experimentation is most likely to occur during times when young people are unsupervised.

CONSTITUTIONAL FACTORS

Certain factors that may have a biological or physiological basis are risk factors for drug use, delinquency and violence. These factors show themselves in young people as sensation-seeking or thrill-seeking behaviors, excessive risk taking and poor control of impulses. Although these behaviors are somewhat characteristic of all teens, the young person who has shown these behaviors throughout his or her development is at increased risk in adolescence.

What you can do to help reduce the risk: If your child shows these characteristics, you can help by providing legitimate, less dangerous ways for your child to meet his or her needs. Sports and recreational activities can provide such an outlet for thrill-seeking young people.



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Newport Substance Abuse Prevention Task Force annual awards lunch.



Middletown police officer, Joanne Hoops "partners" with the Middletown Substance Abuse Task Force members, Kelly Willette, Lori Verderosa, Nan Heroux and Rob Mignacca at their Red Ribbon Week event.

How To Protect Your Child

1.) HEALTHY BELIEFS & CLEAR STANDARDS FOR BEHAVIOR

By sharing healthy beliefs with children and setting clear guidelines for behavior, parents help children make healthy choices in a complicated world.

It is important for parents to clearly communicate family standards to children, teach them the skills they need to follow the standards, give them positive reinforcement for meeting the standards and appropriately correct them when they don't meet the standards.

The healthy beliefs and clear standards parents set for children serve as guardrails that give them the support they need to make good decisions in risky situations.

2.) BONDING

Bonding is warmth, attachment and commitment; it's the positive feeling of belonging to a family, school or community. Children who are bonded to their family for example have good family relationships, are committed to their family and believe in their family's values. Bonding to the family provides motivation for children to follow parent's standards for behavior. Children are less likely to make decisions, such as using drugs or associating with other children who use drugs that go against the family's values and standards.

Three protective processes create bonding between parents and children:

- a.) Opportunities to be involved and contribute to the family in meaningful ways.

Families, schools and communities that provide opportunities for children to contribute send a powerful message that children are important. Children feel they are a part of a group that needs them in order to function well.

Opportunities for meaningful involvement need to fit a child's age, interest and abilities.

- b.) Skills to be successful in opportunities for involvement.

If children are asked to help with laundry, they need to be taught how to do it. This increases the likelihood they will be successful and will feel good about their contribution.

- c.) Recognition for contributions to the family.

Recognition for skillful performance and or effort gives children the incentive to continue contributing. There are many ways to reinforce your child, including letting your child hear you praise him/her in front of others; asking your child for advice; taking an interest in your child's activities; and letting your child know you enjoy the times you spend together. Constructive feedback when behavior falls short of parents' expectations increases the likelihood that children will develop and maintain strong family bonds.

3.) INDIVIDUAL CHARACTERISTICS

Certain individual characteristics can help protect children against drug use and other problem behaviors.

RESILIENCE: Children who bounce back from adversity or difficulty are better protected against exposure to risk.

SOCIABILITY: Children who are good-natured, friendly and sociable are also less likely to engage in problem behaviors.

INTELLIGENCE: High intelligence helps protect children against violence, delinquency, early sex (risking pregnancy) and dropping out of school.

Do You Know...

Q.) What is the amount of money students spend on alcohol each year?

A.) \$5.5 Billion





Newport Police Chief Michael McKenna greets students at a "Mock Holiday Party." Students from Newport and Middletown served their own holiday mocktails to help demonstrate how to make and serve some really tasty non alcoholic beverages.

"Never doubt that a small group of committed citizens can change the world. Indeed it is the only thing that ever has."

- Margaret Meed



Congressman Kennedy and students at Newport's Mock Cocktail Party.



It's all about kids according to MSAPTF SPF Grant Coordinator, Rob.



Nan Heroux and Lori Verderosa coordinate the cookie decorating contest at the Aquidneck School Fall Festival.



The Annual Newport Substance Abuse Prevention Group Awards Ceremony.



Middletown Town Councilman Ed Silveira and daughter Taylor with Middletown Chief Pesare kicking off the Law Enforcement Training Workshop.

Where Families Can Turn For Help

CHILD & FAMILY SCHOOL-BASED SERVICES

Christa Edolo, MSW, LCSW, Program Director
(401) 845-8921

Student Assistance Program (SAP)

Child and Family's Student Assistance Program offers participating schools substance abuse education, intervention, and referral services for middle and high school students in Newport County. Our program staff also facilitates intervention services with students and their families. Child & Family's goal is to prevent alcohol and other drug use among students through a comprehensive program of education, evaluation, intervention and referral. We strive to foster positive coping skills, develop strong decision-making, and to help students find healthy alternatives to the use of alcohol and other drugs.

NEWPORT

Thompson Middle School: Lisa Ruth (401) 847-1493 x164

MIDDLETOWN

JH Gaudet Middle School: Tim Sunn (401) 846-6395

Middletown High School: Tim Sunn (401) 846-7250

PORTSMOUTH

Portsmouth Middle School: Kate Mahoney (401) 849-3700

Portsmouth High School: Kate Rawstron (401) 683-2124 x2514

Evidence Based Substance Abuse Prevention Programming

LifeSkills Training and The Strengthening Families Program (10-14)
JH Gaudet Middle School. Middletown, RI

Program Coordinator: Lauren DeSantis, (401) 846-6395

Among the C&F school-based programs are science based, empirically researched programs called Lifeskills Training (LST) and the Strengthening Families Program (SFP), offered at Gaudet Middle School. LST is a program that focuses on substance abuse prevention. It teaches drug resistance skills, personal self-management skills, and general social skills. SFP is a program offered to parents and youth, designed to reduce adolescent substance abuse and other problematic behaviors. SFP is offered as an evening family strengthening program that occurs within seven highly interactive sessions; it is designed to improve parenting skills, build life skills in youth, and strengthen family bonds. The SFP will be held in Spring 2009. These programs are grant funded

and are being offered to youth in the current sixth grade class at Gaudet. For more information about the programs:

<http://www.lifeskillstraining.com/>

<http://www.extension.iastate.edu/sfp/>

Counseling and Substance Abuse Treatment Services

Program Director: Joy Griswold, LICSW, (401) 848-4184

Child and Family provides quality, professional, evidence based, and integrated treatment for a range of mental health issues including substance abuse treatment needs. Services are individualized, client centered, strength based, and are delivered in a responsive and compassionate manner. Each service recipient is valued as unique and capable of self determination. Child and Family services any and all individuals who are presenting with service needs such as mental health, substance abuse issues, relationship issues, behavioral difficulties, emotional and cognitive issues, issues related to aging, family difficulties, evaluation needs, and pharmacological treatment as indicated. Child and Family's Counseling and Substance Abuse Treatment Programs are funded through third party billing. Insurances that are accepted include: Medicaid, Medicare, Neighborhood Healthcare of RI, Blue Cross and Blue Shield, Blue Chip, United, Tri-Care, Pacificare, and Magellan. Uninsured clients are also able to self-pay, and if meet income guidelines, may be eligible for a reduced rate under the sliding scale fee adjustment.

CARITAS

Caritas has been assisting Rhode Island residents and their families overcome substance abuse issues since 1971. Our clients come to Caritas from around the state and neighboring communities for our unmatched experience, services and resources to achieve lifelong recovery.

Caritas offers outpatient services for teens and adults.

Middletown Office:

1341 West Main Road

Intake and Assessment phone number is (401) 475-8009 x 100

Outpatient services for teens range from Intensive Outpatient (9 hours/week) to individual, family, group therapy, drug testing and parenting education. Outpatient services for adults include one-to-one and

NEWPORT Underage Drinking Statistics

Rhode Island was ranked 7th out of 51 national sites for underage drinking rates.

- Rhode Island ranked 7th out of 51 for underage binge drinking rates.
- 55% of Rogers High School students reported drinking alcohol within the past 30 days of the latest SALT survey data.
- 44% of Thompson Middle School 8th graders reported drinking alcohol within the past 30 days of the latest SALT survey data
- Newport students reported higher than the Rhode Island State average of moderate and heavy drinking
- Newport has the highest rate of treatment admissions for alcohol abuse in the state.
- Most Newport youth obtain their alcohol from either stealing it from parents, having older siblings provide it for them, or having strangers or college students purchase it for them.
- While Newport has a very high number of retail alcohol outlets, the city ranks 10% LOWER than the state average on sales to minors.

group counseling. Topics include understanding addiction, strategies for building lifelong recovery, stress management, lifestyle balance, exercise, self-care, relaxation, spiritual health, twelve step philosophy, recovery coaches and AA sponsors.

Caritas also offers residential services for teens. Caritas House is located in Cranston for teen girls and Corkery House is located in Richmond for teen boys. Both are 18 bed facilities and offer a more intense level of care based on testing, evaluation and the adolescent's inability to maintain abstinence while living in the community. Teens in residence receive individual and group therapy, weekly family therapy sessions, drug testing, academic programs, academic, cultural and athletic programs and weekly aftercare sessions upon graduation. Clients also earn weekly leave passes to return home for a brief overnight visit.

Assessment and Intake appointments, teens call (401) 475-8009 x.100

Caritas accepts most insurances, RITE CARE, Medicaid and self-payment. Caritas does not turn away any clients without ability to pay. For more information, visit our website www.caritasri.org. Parents who want to talk to Caritas anonymously may call Caritas' Parent-to-Parent Hotline at (401) 489-1419.

CODAC

For over 30 years, CODAC's Newport facility has been providing treatment, recovery and prevention services for individuals and families struggling with substance abuse and other addictive behaviors. Serving all of Newport County, CODAC Newport offers a wide range of outpatient and off-site services for adults and adolescents. Among programs and resources currently available are:

- Counseling for alcohol-related and/or drug-related problems
- Counseling for DUI and other legally-mandated referrals, including Juvenile and Family Court referrals
- Anger Management interventions for adolescents and adults
- Counseling for other behavioral healthcare issues, including relationship issues, problems at home, school, or in the workplace
- Toxicology services, including chain-of-custody compliant urinalysis and breath screens
- Assessments, screenings and referrals
- General Outpatient and Intensive Outpatient Programs

Accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) and licensed by Rhode Island's Department of Mental Health, Retardation & Hospitals (MHRH), all of CODAC's programs are designed to support healthier and more productive lives by helping participants acquire and utilize the skills necessary to respond to their own needs and challenges—as well as those of family members and other loved ones. CODAC's highly-trained, certified, and state-licensed medical and counseling staff become active partners in working to achieve participants' goals in treatment and recovery.

CODAC accepts most private health insurance, as well as Medicaid and Rite Care. CODAC also provides services to individuals and families without health insurance through a contract with MHRH. Working together and based on your specific needs, we will design a treatment plan that supports your objectives for a safe and healthy recovery. CODAC services, including the initial assessment, are confidential, in accordance with applicable federal laws and regulations.
CODAC Newport (401) 846-4150



Students Against Destructive Decisions

"S.A.D.D. is a way for high school students along with teachers and even parents to show they know and care about the consequences of underage drinking" according to Nicole Walker, a proud member of S.A.D.D. and Middletown High School student. "Students are able to create awareness posters and pamphlets as well as design activities to really get into other students' heads. Our goal is to lessen the death toll caused by drunk driving and also to act as role models to all the D.A.R.E. students in our middle schools by showing them that you don't have to drink to be cool." She is well aware of the cruel hard facts. "Drinkers aren't very cool when they are pinned against the wheel with other innocent passengers in the car."

Nicole's passionate statements echo the beliefs of this national organization. Originally, the mission of the SADD chapter was to help young people say "No" to drinking and driving. Today, the mission has expanded. Positive peer pressure, role models and other strategies can help teens say "No" to more than drinking and driving. And that is why SADD has become a peer leadership organization dedicated to preventing destructive decisions, particularly underage drinking, other drug use, impaired driving, teen violence and teen depression and suicide.

Alcohol alters an individual's vision, reaction times, perception of distance, and judgment of one's abilities.

SADD believes that young people can have fun, enjoy life and nurture positive personal relationships without the distraction and distortion of alcohol. SADD seeks to demonstrate positive and attractive alternatives to alcohol and other drug-infused activities for teenagers.

SADD does not believe that it is possible to break the law responsibly. SADD and its chapters do not support or condone activities that encourage or enable the use of alcohol by underage young people, including the following activities:

- Designated Driver programs for underage young people
- Safe Rides programs
- Parties where alcohol is served under the supervision of or with the knowledge or consent of parents or other adults
- Drinking subject to passing a Breathalyzer test.

Police Department Guidelines:

"A collaboration between police departments, parents, schools, faculty and other faith-based organizations within the community"

It is the policy of the Middletown and Newport Police Departments to take a firm stand against underage drinking violations and investigate all complaints of underage drinking.

Underage drinking is a National issue and is a matter of community concern, directly impacting the quality of life and safety of each youth involved.

Vendor/Task Force Partnership

Working hard within the community to create and provide:

- Responsible Server Training Programs for Class A license holders
- Fake ID training
- Incentive programs for confiscating fake ID's
- Support for stricter penalties and laws for those using fake ID's
- Enforcement strategies for party patrols and shoulder tap programs

A Mother's Story

For the past seven years, Linda Chaves has dedicated her life to making a positive impact on the youth of Middletown and Newport. Tragically, seven years ago, her son Charlie lost his life in an accident after drinking at a college party. An ER nurse at Newport Hospital, she comes face to face nightly with good kids who made bad decisions.

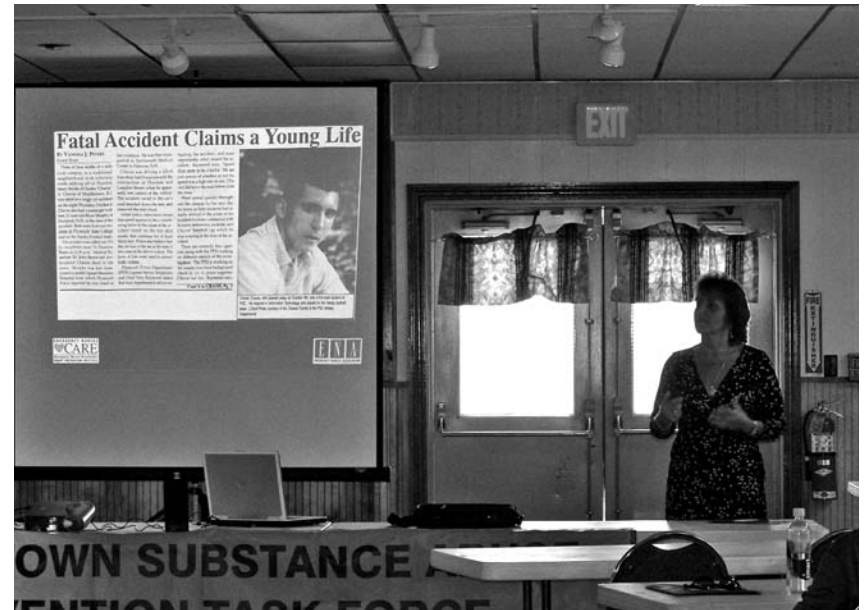
"Kids at that age don't have the ability to reason, we must give them options, we must educate them on the consequences of underage drinking" Ms. Chaves stated emphatically.

Just two weeks ago, Ms Chaves was called back to Newport Hospital to counsel a young woman who had been in an accident. She was not wearing a seat belt and had a high alcohol level. She rushed in to speak with the young woman and to Linda's surprise; all she was worried about was her car, not the other passenger in the car or the fact that she had been in an accident.

"I was compelled to share Charlie's story with her. Charlie had a passenger in his car who walked away and has had a hard time dealing with the accident ever since. This young lady and her passenger were lucky enough to walk away, this time!

Charlie was starting his freshman year at Plymouth State College when the 18-year-old Middletown High School graduate went to an on-campus party on October 4, 2001. Late that night, after drinking at the party, he decided to go for a drive and crashed into a tree. He died at the scene of the crash. "When there is death involved, they don't call. They knock on the door," said Mrs. Chaves speaking of the night she found out her son had died.

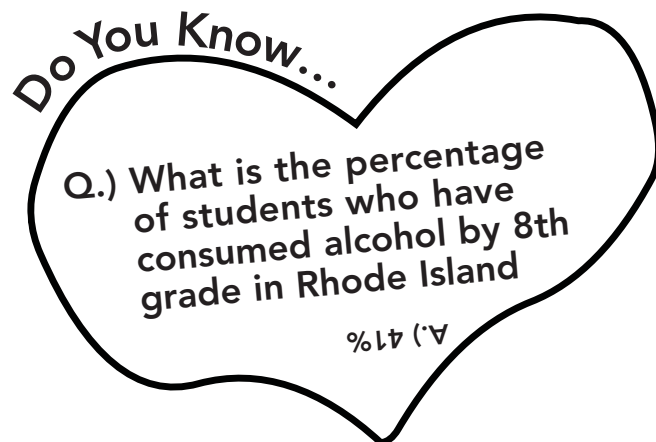
They knocked on the door at 1 a.m. and woke up my husband and informed him that Charlie had died. The Middletown officer drove him down to Newport Hospital where I was working in the ER. I wasn't paying attention when they walked up the hall. The secretary said that I needed to take care of this now. I looked up and saw the officer and behind the officer was my husband. When I looked at him he was crying like a baby, his hands shoved into his pockets. I was bewildered. I had no clue that they were going to deliver that kind of news. My first instinct was to run to my son. I was not hearing



Middletown parent and nurse, Linda Chaves, shares her story and motivates police to reduce underage drinking.

that my son was dead. I was hearing that he was badly injured and he needed me, so I started to run out of the hospital and some doctors and nurses grabbed me and stopped me from running out. All I had in my mind was I had to get out of there and get to him. A three-hour trip. He was not a bad kid, just one of the unlucky ones.

"After sharing my son's story, I feel this young woman will think twice before making the same mistake. She had an angel on her shoulder that night. I haven't met a perfect person, we all make mistakes. Charlie is always with me, I hope that his story will help local families to understand that these things don't just happen to someone else. Underage drinking is everyone's issue."



Remember, underage drinking is against the law and it's not a **MINOR** problem!

Reach out to prevent underage drinking by:

- Including your commitment to combat teen alcohol use in public remarks and printed materials.
- Setting a no- use policy for all youth activities
- Being aware of the connection between alcohol and sexually transmitted diseases, including HIV/AIDS
- Talking with youths about alcohol and listening to their concerns.
- Advocating for public policies that reduce underage drinking
- Supervising Alcohol-free areas where youths can gather for social or athletic activities
- Promoting student assistance programs and alcohol specific counseling services in schools.
- Modeling positive behavior by not engaging in illegal or unhealthy alcohol use.
- Informing others of the serious consequences of underage drinking.
- Building a network of leaders and resources that work to discourage underage drinking
- Supporting enforcement efforts of laws and policies related to underage drinking.

SOCIAL HOST

Social Host refers to adults who knowingly or unknowingly host underage drinking parties on property that they own, lease or otherwise control. Under social host liability laws, adults can be held responsible for these parties, regardless of who furnishes the alcohol.

Teen parties are the primary setting for underage drinking for high school and college students and a high consumption of alcohol and binge drinking. The woods "where no one will know," beach house "where no one will care," and fields "where it just doesn't matter" are all popular locations for teenage drinking parties. However, the most common setting for drinking among high school seniors is simply someone else's home.

Holding adults responsible for underage drinking parties is a pro-active step for concerned communities, but can be difficult. Law enforcement officials are typically not able to determine who provided the alcohol when they arrive on the scene of a teenage drinking party.

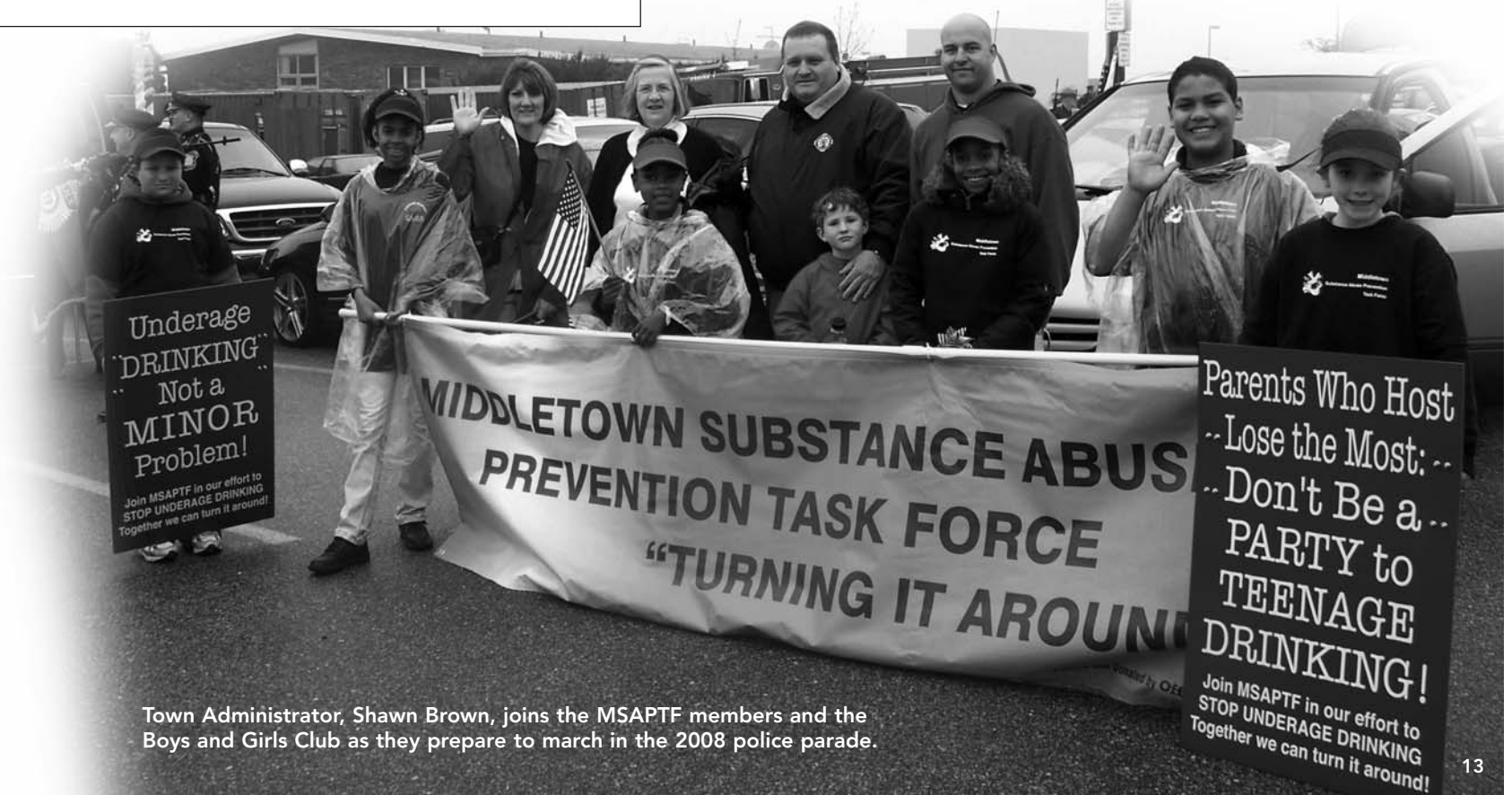
Social host ordinances give communities a practical tool for holding adults accountable. These laws allow law enforcement to cite the individual who hosted the underage drinking party on their property.



Middletown Chairperson, Nan Heroux, preps the crafts table for Aquidneck School Fall Festival.



Newport's CSA program



Town Administrator, Shawn Brown, joins the MSAPTF members and the Boys and Girls Club as they prepare to march in the 2008 police parade.

Affects of Alcohol on the Brain

Most teenagers are familiar with the highly publicized risks of drinking alcohol, including accidental injury, drunk-driving crashes and alcohol poisoning. But when it comes to the effects of alcohol on the body, most teens don't seem concerned. After all, cirrhosis of the liver and heart disease are things that happen to people in their fifties and sixties.

Now cutting-edge research being conducted across the country is challenging that way of thinking. According to the new studies, alcohol can do serious and immediate harm to a teenager's brain. In fact, adolescents who drink face an even higher risk of brain impairment than their adult counterparts.

What does "brain impairment" mean? It appears that alcohol causes a decrease in the ability to learn new information, form memories and perform cognitive functions. These effects are fairly immediate, occurring only hours after drinking. A new theory is now emerging to explain the cause of this impairment. Intoxication causes brain activity to slow down. Some scientists believe that the body tries to compensate by increasing the activity of neurons. This causes over-stimulation, especially as the drinker enters withdrawal or the hangover phase. Many of the over-stimulated cells actually break down in their own membranes and die.

Not surprisingly, large amounts of alcohol often produce greater amounts of impairment. Yet a young person doesn't have to be blindly intoxicated to be harmed. In one study, young people ages 21 to 24 were given enough alcohol to raise their blood-alcohol level slightly below the generally accepted legal limit of 0.08 percent, or an amount sufficient to produce a "buzz". People ages 25 to 29 were given equal doses. After both groups performed simple cognitive tests, the younger group showed 25 percent more impairment than the older group. Even though researchers knew that the brain develops well into the twenties, they were shocked to see such a large difference in impairment across such a small age gap.

Other studies have recorded brain scans of teenagers who drink versus teens who do not. On average, the hippocampus of a young drinker was 10 percent smaller than that of a non-drinker. The hippocampus is the area of the brain involved in learning and memory. In addition, brain scans of young women who drink showed larger regions of sluggish mental activity as compared with young women who did not drink.

Reference: *Brain Scans: Alcohol And The Teenage Brain*, Human Relations Media

Brain Science Resources:

www.brainconnection.com

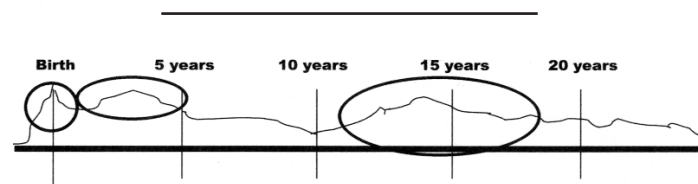
www.alcohol-info.com

Neuroscience for Kids

<http://faculty.washington.edu/chudler/neurok.html>

www.brain.com

Peaks of Plasticity



The brain is at risk throughout development, but it is at INCREASED RISK in the womb, first 5 years and during adolescence.

Development of the Brain

Development of the brain starts in utero with the neural tube or brain stem. At birth we arrive with about 25% of our capacities developed. The rest of development happens on schedule reaching maturity at 24-26 years of age. Our DNA determines the schedule of our wiring. There are three critical peaks of development or peaks of neuro-plasticity, periods where the brain is getting wired up - where the neurons are getting connected and pathways are being established. The first peak is pre-birth, the second is from 2-3 years of age and the third is from approximately 12-18 years of age.

Alcohol interferes with the wiring of the brain should the teen choose to drink during the third peak of wiring. The research confirms the busier the brain, the greater potential risk.

Additionally, teens who experiment with alcohol at 13 years of age or younger, are at a 4 times greater risk to become addicted. Teen 14-15 years of age who drink are at a 32% greater risk to develop alcoholism based on the research.

Reference: *Protecting Me, Protecting You Curriculum*

Fast Facts

Research today shows three important facts:

- Children are starting to drink much earlier – 12 years old is the average age of first use
- Children are drinking much more when they do drink – binge drinking
- Girls are now drinking like boys – chugging, shooting shots, etc.

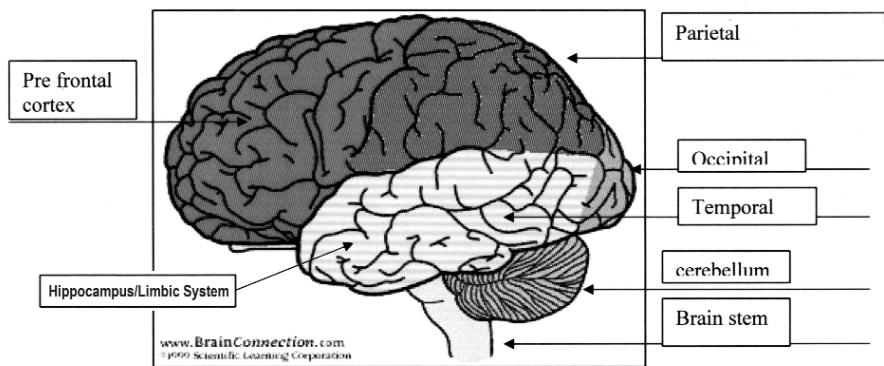
Research also states it takes 5 years to develop a "norm" (widespread accepted attitude or belief). Therefore, if we want to prevent a harmful behavior we must begin at least 5 years before we expect the behavior or 5 years prior to the average age of first use of 12 years old. Prevention and family dialogue around substance use must start at 7 years at minimum. Yes, prevention must start early! It is critical that we teach elementary students information and skills.

There is a group of children who are at "special risk" as passengers. Sixty-six percent of the children under the age of 14 years who are killed in alcohol-related crashes are riding with an impaired driver and NOT hit by the impaired driver. When the driver is impaired, they are not making sure that child is safe.

Do You Know...

Q.) What is the percentage of Rhode Island's 6th to 9th graders who obtain alcohol from their own homes?

A.) 33%



Alcohol and the Adolescent Brain

What's the most important organ in the body? Over 65% of people say the heart – 80% of adults get that question wrong, and 50% of teens answer it incorrectly.

Our brain is the “boss of the body!” It is in charge of our nervous system. It controls our life system...nerves rule!

If one looks at the graphic (brain pictured above), we see that each area of the brain has a specific job.

The parietal lobe coordinates spatial perceptions, which helps us to not hit the curb as we park. The occipital lobe at the back of the head is our vision center. The expression “eyes in the back of the head” is quite accurate. The temporal lobes found on each side of the brain orchestrate our hearing. The cerebellum is our coordination and balance area of the brain. It allows us the ability to walk, sit up and bend over without falling. The brain stem, which develops first, coordinates our life support systems of breathing, digestion and circulation of the blood.

Recent adolescent brain research focuses on two areas that are doing a lot of developing. The prefrontal cortex that controls our executive functions of thinking, reasoning, judgment and decision-making occur here. This area is also our control center where impulse control, restraint, self-control and delayed gratification reside. This is a teen’s “whoa, slow it down” center or control box. Thus, the part of the brain needed to prevent risk taking is NOT developed allowing teens to drink excessively.

The other area of the brain doing lots of wiring-up/developing is the hippocampus and the rest of the limbic system. Long term memory, learning and emotions are coordinated here. It's no wonder alcohol affects adolescent learning and can exacerbate the emotional swings of adolescence.

This research on the adolescent brain tells us the early warning system in a teen who drinks is missing, thus the many overdoses and deaths we see associated with adolescent use of alcohol.



Dave Roderick Newport SPF Grant Coordinator at Family Night at Easton's Beach



Even the SPF Manager, Lori Verderosa, face paints at Family Night.

MIDDLETOWN'S 2007 Community Needs Assessment Key Findings

Alcohol, tobacco and other drug use among students at Middletown High and at the JH Gaudet Middle School has been decreasing since 1997, but MHS usage rates remain higher than the statewide average.

There is a rise in the number of students who report heavy alcohol use since 1997.

The two substances used most often by Middletown youth and adults are alcohol and marijuana. Alcohol is made available to our youth through older siblings, their parent's liquor cabinets or other adults purchasing it for them.

Drinking has risen slightly among students in a local elementary school where 10% of students reported drinking alcohol in the past 30 days.

MIDDLETOWN / NEWPORT POLICE DEPARTMENT



**IF YOU THINK PROVIDING ALCOHOL
TO MINORS MAKES YOU A SUPERHERO...
LINE UP HERE.** Parents Who Host Lose the Most: Don't Be a Party
to Teenage Drinking. Visit www.stopkidsdrinking.com



Working Together
AGAINST
Underage Drinking
MIDDLETOWN & NEWPORT

Visit Us at www.stopkidsdrinking.com

WHERE DO I GO FOR HELP?

www.samhsa.gov

www.nida.gov

www.abovetheinfluence.com

www.freevibe.com

www.thecoolspot.gov

www.theantidrug.com

www.family.samhsa.gov

www.middletownri.com/msaptf/index.php

www.madd.org/ri

www.amethystinitiative.org

www.rhodeisland-aa.org

www.childandfamilyri.org

www.caritasri.org

www.addictionsearch.com

www.teenanddrug.com

www.surgeongeneral.org

www.stopalcoholabuse.gov

www.jointogether.org

NEWPORT CONTACTS

- David Roderick, Coordinator Newport Substance Abuse Prevention Task Force/SPF Grant Coordinator: PO Box 854, Newport, RI, 02840, 849-3915, nsaptf@aiconnect.com
- Ray D. Davis, BS,CPSS, Newport SPF Grant Manager, 682-2789, rdavisprevention@cox.net
- Newport Police Department, 120 Broadway, Newport, RI, 02840, 847-1306
- Newport Substance Abuse Prevention Task Force
- John Feld, Chairman, CODAC Behavioral Healthcare
- Lisa Ruth, Vice Chair, Thompson Middle School Student Assistance Counselor
- Nicco Ecenarro, Treasurer, Martin Luther King Jr. Community Center
- Jeanne Brown, Secretary, Newport Resident

NEWPORT TIPS HOTLINE: 846-2606, to report underage drinking/illicit liquor or drug activity; criminal or dangerous activity or youth violence. Anonymous calls will be accepted.

MIDDLETOWN CONTACTS

- Lori Verderosa, Middletown SPF Grant Manager/MSAPTF Coordinator: Middletown Town Hall, 350 E. Main Rd, Middletown, RI, 02842, 845-0409, msaptf@middletownri.com
- Rob A. Mignacca, Jr., SPF Grant Coordinator, 845-0409, rmignacca@middletownri.com
- Middletown Police Department, 9 Berkeley Ave, Middletown, RI, 846-1144
- Middletown Substance Abuse Prevention Task Force Executive Committee
- Nan Heroux, Chairman, Community Prevention Specialist
- Tyre Brockman, Vice Chair, Middletown Police Dept.
- Jennifer Barrera, Treasurer, Executive Director Lucy's Hearth
- Carmela Geer, Secretary, Middletown Public Schools, COZ Coordinator
- Kelly Willette, Member at Large, Residential Life Salve Regina University

MIDDLETOWN TIPS HOTLINE: 842-6516, Middletown Police request your assistance in combating underage drinking. Many times you may overhear conversations regarding parties where there will be underage drinking. This information will be useful for patrols in preventing alcohol related injuries and deaths among our youth. All information will be held in confidence.